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QUARTERLY TAPE

Exploring Personal Resources

GUIDELINES® II is a specialized program designed for graduates of the *GATEWAY VOYAGE®.* It is another step in the development and understanding of self. Side 1 of this quarter's member tape is a recording of an actual Personal Resources Exploration Program (PREP) session, usually done during *GUIDELINES* II. As this is the individual's second PREP session, it is representative of a typical session. The voice quality is for research purposes only. Side 2 is a free-flow *home version* PREP session. You can use this exercise to get in touch with your own personal information source. Members who have attended the residential programs will be able to appreciate and implement this experiential tape to a greater degree.

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